



*This is not a word-for-word transcript.*

**የኤል አንድ ተናጋሪ አቅራቢ**

ሰላም፣ ስለ ወቅታዊ ጉዳይ ወደምንወያይበትና ስለጉዳዩ ለማውራት የሚያስፈልገውን ቋንቋ ወደምናቀርብበት የ English Together ዝግጅት እንኳን በደህና መጡ። ሐና እባላለሁ። ኦብሮኝ/ኦብራኝ ...አለ/አለች።

**Sam**

Hi, I'm Sam.

**Tom**

And I'm Tom. Welcome to the programme!

**የኤል አንድ ተናጋሪ አቅራቢ**

በዛሬው ዝግጅታችን አዕምሯችን አካላዊ ህመምን እንዴት እንደሚቆጣጠርና ሊቋቋም እንደሚችል አዳዲስ ምርምሮችን ዋቢ በማድረግ እንነጋገራለን።

ዜናውን ከማዳመጣችን በፊት የዛሬው ጥያቄ ይህው፤ በየትኛው አጥንትም ላይ ጉዳት ቢደርስ ከፍተኛ ህመም የሚሰማዎት ይመስሎታል?

- ሀ) የእግርዎ
- ለ) የአንገትዎ
- ሐ) የጀርባዎ

መስማትዎን ይቀጥሉ፤ መልሱን ቆየት ብለን በዝግጅታችን መኃል እንናገራለን።

**Sam**

Mmm, I'm going to guess the neck. That sounds really painful!

**Tom**

More painful than your back? I'm not sure about that!

**የኤል አንድ ተናጋሪ አቅራቢ**

እሽ አድማጮቻችን let's listen the BBC Radio 4 news story ቀድሞ ሲል ስላነሳነው አዲስ ምርምር የሚያወራውን ዜና እንስማ።

**News insert**

Can we control the pain we feel? New research has shown how brain imaging is being used to help us

understand pain, and also pain relief. The study included following a group of very young children taught to cope with pain in a karate class through a series of breathing exercises. The exercises helped the brain change the messages sent from the hurt part of the body so that the messages were either reduced or completely stopped. With fewer signals sent to the brain, the result was less pain.

**Sam**

Do you think it might be possible for us to control our physical pain, Tom? Wouldn't it be incredible if we could?

**Tom**

Yeah, incredible is the right word. We're not superheroes, you know. People can't just control pain.

**Sam**

But in the story it talked about how children are learning to cope with pain during martial arts classes, like karate. 'Cope' means 'to control', doesn't it?

**የኤል አንድ ተናጋሪ አቅራቢ**

Something similar. 'Cope with' አስቸጋሪ ሁኔታን በብቃት መወጣት ማለት ነው። Like we do with Tom. Ha ha!

**Sam**

Aw! Don't worry, Tom. You're not that difficult to cope with, really.

**Tom**

Very funny.

**Sam**

No, but seriously. The story talks about how pictures of the brain are helping us understand pain and pain relief. I think that's so cool.

**የኤል አንድ ተናጋሪ አቅራቢ**

'Pain relief' ህመም ማስታገሻ ማለት ነው። But that's what painkillers are for, surely?

**Tom**

Exactly! What else is there to understand about pain relief? You take a pill and the pain hopefully goes away. I don't need any pictures of the brain to help me understand that.

**Sam**

Ok, but what if there was an alternative to taking a pill? They say that too many painkillers are bad for your stomach, and they will eventually stop working.

**Tom**

Well, then you just take more tablets. I used to play football and I got injured all the time. I had to take painkillers. I couldn't just push through.

**የኤል አንድ ተናጋሪ አቅራቢ**

አዎ 'push through' ህመሙን ችሎ መቀጠል ማለት ነው። You played football, Tom?

**Tom**

Yes, thank you. I broke my ankle once, and it was far too painful to push through without any help.

**Sam**

Yeah, I remember that. Those were a fun few weeks...

**የኤል አንድ ተናጋሪ አቅራቢ**

ስለአጥንት መሰበር ካወራን አይቀር ቀደም ሲል ያነሳነውን ጥያቄ እንመልከት። ቢሰብሩት ከሁሉም በበለጥ እጅግ ከፍተኛ ህመምን የሚፈጥረው አጥንት ነው የሚባለው የትኛው ነው? መልሱ (ሐ) የጀርባ ወይም የሰረሰር አጥንት ነው።

**Sam**

Oh, my neighbour broke his back once, and he actually said that natural remedies really helped him.

**የኤል አንድ ተናጋሪ አቅራቢ**

'Remedies' ፈውሶች ወይም መድኃኒቶች ማለት ነው። Really? Did natural remedies really help with back pain?

**Tom**

Yeah, don't tell me natural remedies helped! Next you're going to say that breathing helps with pain!

**Sam**

Actually, I am! That's what they taught those children in their martial arts class - breathing exercises to help with pain!

**Tom**

How much pain can children really experience in an exercise class, anyway?

**የኤል አንድ ተናጋሪ አቅራቢ**

Do children even know what real pain is?

**Sam**

Of course they do, guys! And research shows that breathing can really help.

**Tom**

Yeah, and so does magic...

**የኤል አንድ ተናጋሪ አቅራቢ**

ሃ. ሃ. ሁለታችሁ ተንፍሱ 'Natural remedies' ንስ ተጠቅማችሁ ትውቃላችሁ?

እሰኪ የዚህ ሳምንት ዝግጅታችንን አጠናቅቀን ከመሰናበታችን በፊት፣ ዛሬ ስንነጋገርባቸው የነበሩትን ቃላት እንመልከት፤ ሁሉም ከአካላዊ ስቃይ ጋር የተገናኙ ናቸው። 'to cope with' መቋቋም ማለት ሲሆን 'pain relief' ደግሞ እንደኪኒን ያለ የህመም ማስታገሻ ነው። 'to push through' ህመምን መቻል እና መቀጠል ሲሆን 'a remedy' ፈውስ ነው። አብረውን ስለቆዩ እናመሰግናለን፤ ለተጨማሪ የ English Together ዝግጅት በሚቀጥለው ሳምንት ይጠብቁን።